

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Carmel Color.

Contains soy, fish (anchovy, herring, mackerel, sardine) and shellfish (crab, crayfish, lobster, shrimp) ingredients.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

This product is not intended to diagnose, treat, cure or prevent any disease.

No Artificial Flavor or Sweetener, No Sugar,
No Starch, No Milk, No Lactose, No Gluten,
No Wheat, No Yeast.

TO REORDER ITEM # 13308
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Raritan, NJ, NY 11779 U.S.A.
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852622 11F 14-13722



WWW.PURITAN.COM

Puritan's Pride

**GLUCOSAMINE
CHONDROITIN
MSM**

WITH
OMEGA 3,6,9

Key Structural
Components in
Cartilage and Joint
Connective Tissue

120 Rapid Release
Softgels
DIETARY SUPPLEMENT

3

**PER DAY
FORMULA**



DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	30	Typical Fatty Acid Profile:	
Total Fat	2 g 3%*	Omega-3	**
Total Carbohydrate	2 g 1%*	95 mg of Total Omega-3	**
Vitamin C (as Ascorbic Acid)	60 mg 67%	Fatty Acids comprising of:	
Vitamin E (as dl-Alpha Tocopheryl Acetate)	4.5 mg 30%	Eicosapentaenoic Acid (EPA)	**
Manganese (as Manganese Aspartate)	4.5 mg 196%	Docosahexaenoic Acid (DHA)	**
Sodium	10 mg <1%	Alpha Linolenic Acid (ALA)	**
Glucosamine HCl	1,500 mg (1.5 g)**	Other Fatty Acids	**
Proprietary Blend MSM (Methylsulfonylmethane), Chondroitin Sulfate	600 mg **	Omega-6	**
Ultra Omega 3-6-9	270 mg **	32 mg of Total Omega-6	**
Proprietary Blend Flaxseed Oil, Fish Oil, Evening Primrose Oil (seed)	**	Fatty Acids comprising of:	
		Linoleic Acid	**
		Gamma Linolenic Acid (GLA)	**
		Omega-9	**
		15 mg of Total Omega-9	**
		Fatty Acids comprising of:	
		Oleic Acid	**
		Boron (as Boron Citrate) 3mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.